

Dimensions of Wellness



What is wellness?





Physical

Caring for your body to stay healthy now and in the future





Intellectual

Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges

Expanding knowledge and skills while discovering the potential for sharing your gifts with others

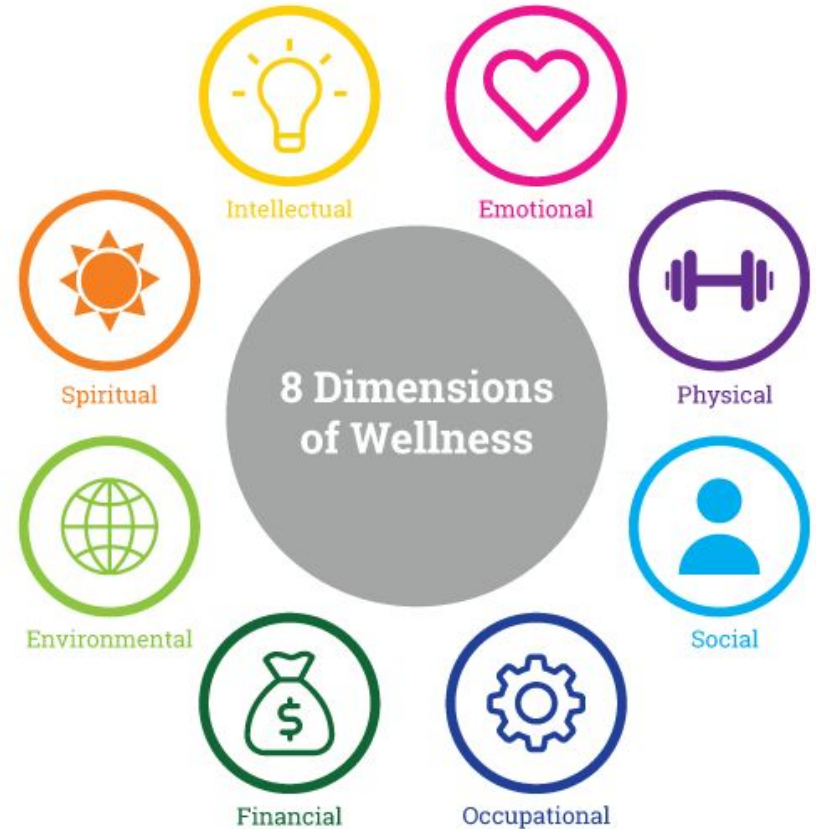




Social

Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you

Contributing to your community

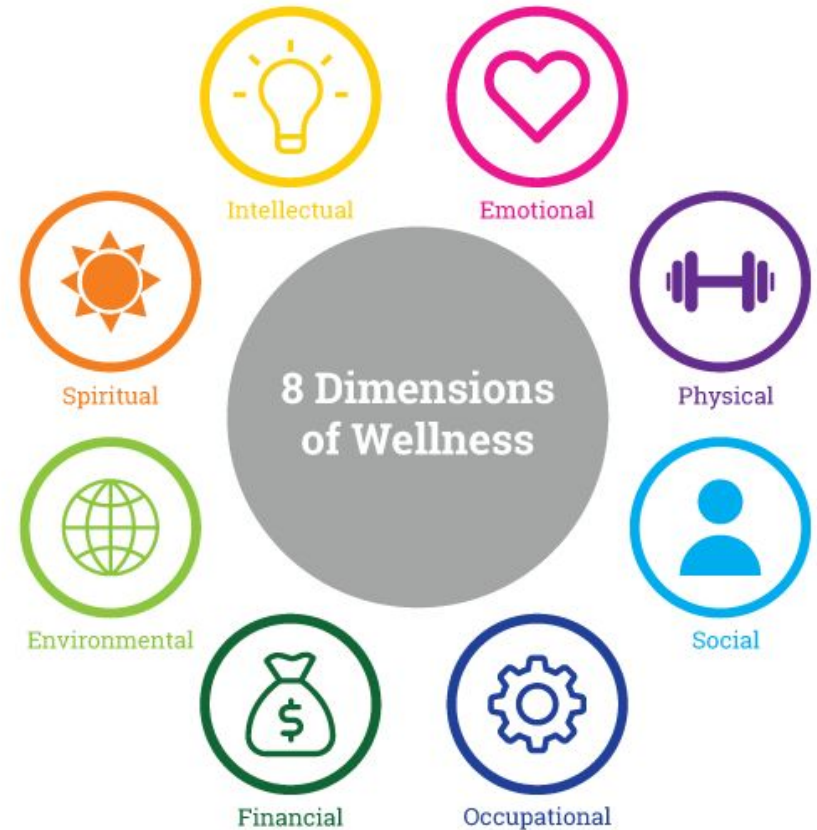




Spiritual

Finding purpose, value, and meaning in your life with or without organized religion

Participating in activities that are consistent with your beliefs and values





Occupational

Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle

Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

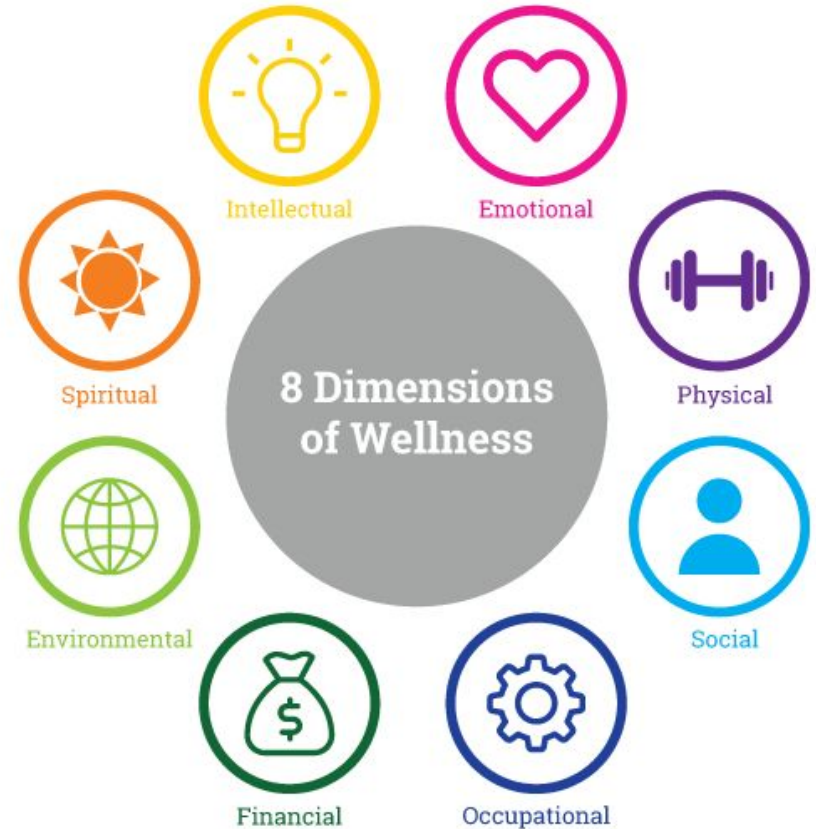




Financial

Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies

Being aware that everyone's financial values, needs, and circumstances are unique



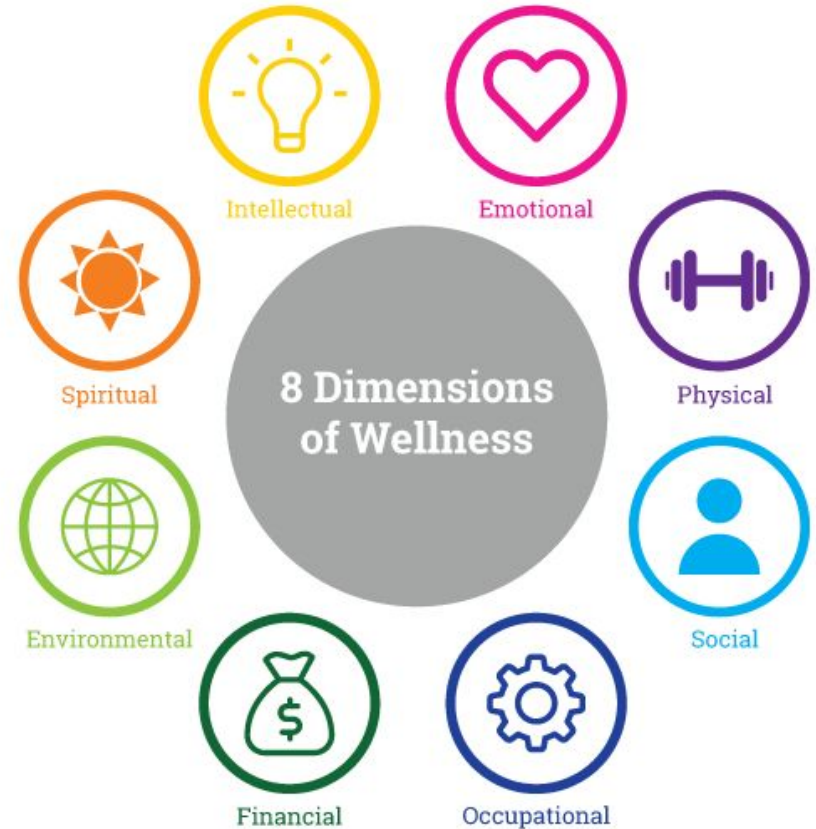


Environmental

Understanding how your social, natural, and built environments affect your health and well-being

Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment

Demonstrating commitment to a healthy planet





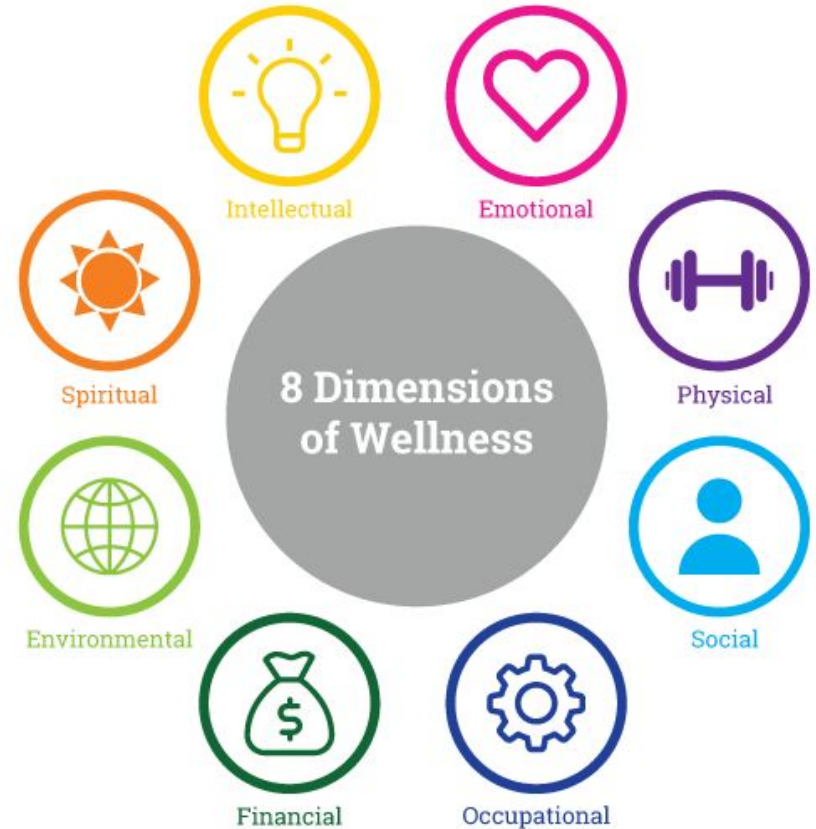
Emotional

Understanding and respecting your feelings, values, and attitudes

Appreciating the feelings of others

Managing your emotions in a constructive way

Feeling positive and enthusiastic about your life





Resources

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/#b1-cvj_08_861

<https://fonddulac.extension.wisc.edu/implementing-the-8-dimensions-of-wellness/>